

November 2009

Dear Denise

I hope you are very well. I wanted to write a letter of thanks for the careers coaching work that you have done with me. I did your Silver Plus programme and it provided me with exactly what I had hoped for and great deal more as well. Before contacting you I was becoming more and more unhappy with the work situation that I have found myself in. Increasingly I have been living for the weekends and working simply to get the pay cheque at the end of each month. When I returned from a wonderful holiday recently I realised that such a situation is unsustainable for me and that I want to do something that I really enjoy and that makes me happy.

I have already had one career change in my life which involved little if any forethought and planning so this time I decided that it was important to find out what I would be good at and what I would really enjoy. When I saw your Silver Plus programme it really seemed to fit the bill and I haven't been disappointed. Both the self assessments provided valuable insight but the Highland Ability Battery was especially useful and has actually helped me understand why I have been unhappy with current role. More importantly though it has helped me to understand what my natural abilities are so that I can focus my new career around these.

The face to face session and the telephone calls with you to bring it all together have really been the most valuable part of the whole process. When I left your house with 10 potential careers for me to research my head was really buzzing with excitement. I then spent a couple of weeks researching each and have now narrowed it down to two potential careers. The final telephone session with you has given me further ideas on how I need to explore these careers before making a final decision.

I now feel full of hope and optimism for the future – I keep asking myself 'is it really possible that I can be happy in my career?' – and for the first time I actually answer 'yes it is'.

Thank you so much for your help, guidance, enthusiasm, fabulous knowledge and overall positive and energetic attitude. I know that I made the right decision to use you as my careers coach and I shall recommend you to anyone who I speak to who is not sure what to do with their career.

Best wishes

Jo

Manchester